

The Secret Science of Life

==BY==
HARRY J. GARDENER



Monograph No. 22

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SPECIAL ATTENTION

"The SECRET SCIENCE OF LIFE" is an Educational and Inspirational Course of Study, especially written and intended for INDIVIDUALS everywhere.

The beneficial results that you will gain from this Monograph will, of course, be in exact proportion to the enthusiasm and GOOD JUDGMENT with which you employ this information in your daily life and affairs.

Get started first in a small way, never over-exert. Regarding this, you are, of course, your own physician, meta-physician, and counsellor.

The time in which to get started on this marvelous undertaking -- your self-improvement and self-expansion in all the Departments of Life -- is very short; therefore, a very wise individual is he who starts this wonderful work at once, regardless of whatever his present conditions may be.

Continue to increase GRADUALLY -- a little every day. Do this and you will be amazed at the marvels that you will accomplish in a short period of time.

The Publisher

THE SECRET SCIENCE OF LIFE

by
Harry J. Gardener

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It was evening, and throughout the Monastery of Aquarius chimes sounded. Everyone knew in ten minutes supper would be served in the large dining hall. Bob Workman and the other five Brothers of the Green Robe, who had decided, at the last moment to remain for another session of study, prepared to dine.

During the afternoon, they all had experienced a glad feeling, certain they had done the right thing. But they also were aware that they had come very near to missing a great opportunity.

Throughout the Monastery there seemed to vibrate a spirit of great joy -- every Member of the Brotherhood radiated it. However, as there was to be complete vocal silence among them until the evening meal was served, Bob Workman and the other five asked no questions.

At the stroke of six the refectory doors swung open. Each member of Fellowship entered and took his place at the large, U-shaped dining table. They sat around the outside of the table, facing the middle of the room. In the center of the huge "U" was another table with places laid for 13 people. It was beautiful -- snowy linen and old silver. Directly in front of each plate was a golden candlestick holding a tall, slender, unlit candle.

When the six Brothers of the Green Robe were quietly ushered to this table, they felt sure there was a mistake. They had not thought of sitting anywhere but at the ends of the long, horseshoe shaped table. Their amazement increased beyond words when the Brother Superior of the Order made his way to them and took his place at the head of the table.

The silence was broken by music from the great pipe organ. At a certain place in the ceremony, the Abbot of the Order left the head of the large table and made his way to the smaller one, where the Brother Superior and the six Novices were standing. Seven candles were lit -- one for each person present at the table. Then the Abbot returned to his place at the great table.

The music and ceremony ceased. Each Member of the Order was seated and all began to partake of the food with joy. Every resident Member of the Order was present, including the "Brother

Cooks" and the "Brother Servers." This meal had been arranged so everyone could be present for the great occasion.

The Novices were quite nervous and scarcely knew what to expect next. This mood did not last long, for the Brother Superior had a knack of making everyone feel at ease, and they soon relaxed. As the meal progressed, the Brother Superior explained--

"You Six Novices have made every Member of the Great Order exceedingly happy. You do not know why, so let me explain. First, you have made all of us very happy by deciding to remain with us for another session of special instruction. All of you have shown excellent judgment in doing this, and I can assure you, never will you regret your decision.

"There is another reason why you have made all of us extremely joyful. In order that you obtain the full significance of this second reason, allow me to go back a number of years to begin my explanation. In the early eighties, the Brother Superior of this Great Order received a rather unusual revelation. He was informed that at a certain time each year, either he or his successors should invite 12 Novices, at the moment of their departure, to remain for another session of study. If this were done, the number that accepted the offer would serve as an accurate indication as to what extent the White Forces were making progress in overcoming this materialistic world.

"I was here at the Monastery. I well remember when this table was placed in this very location for the first time. I recall, as though it were only yesterday, assisting in inviting 12 acceptable Novices who had completed the usual course of study.

"Those were the days before aircraft and before automobiles, definitely the days of the horse-drawn vehicle. We raced down the road after the departing Novices and invited 12 of them to come back and study with us for another two months. But to our amazement and great disappointment, not one accepted the invitation. At dinner that evening, the Brother Superior sat at this special table alone and ate his meal in silence. The only candle lit on this table was the one in front of the Brother Superior. The other twelve were 'dark'. LIGHT was outnumbered 12 to 1 by Darkness.

"The same thing occurred for seven years in succession. But, joy of joys -- at the eighth annual invitation a Novice actually accepted! That evening, for the first time, two candles burned. Our joy was unbounded, for this was a positive Sign that the White Forces definitely were winning in their terrific battle against darkness and the mass-mindedness of the Forces of Evil.

"Each succeeding year for several years, only one Novice remained. But then came the glad day when two accepted the invitation. Some years elapsed. Then three stayed over; a short period later, four, and finally, five. But for a quarter of a century, until tonight, never more than five accepted the great offer. Never were there more than six lighted candles -- always SEVEN 'dark' ones. Darkness, it seemed, forever had the upper hand of LIGHT.

"This very night is the one we have all awaited for six long decades. Tonight, there are SEVEN candles sending out their golden rays. Now, there are only six 'dark' ones. This very night, we are assured throughout the world, good definitely has triumphed over evil on the astral plane surrounding the earth. Naturally, you can realize the joy each member of this Great Order is experiencing here at this moment. Already, everywhere in the world the Members of this Order who are accounted worthy of wearing the White Robe have been informed of this great, long-expected Sign. At this very moment, they, too, are rejoicing with us.

"This table will not be placed here again. It is sufficient to know the White Forces have gained the ascendancy over the Forces of Darkness. Until we definitely have entered the Millennium, the right to know more than that is not given to those in the flesh.

"But we do know we now are living in the time of the end -- living in the end of the old order. Naturally, this means to the Individual that we already have started to live in the NEW.

"I realize the mass-minded are still existing very positively in the old order. What they have experienced thus far is nothing in comparison to what they will experience in the future, and this future is at their very doors. Millions are already passing out in death; millions more will follow.

"Do not be misled by the thought that everyone who passes out of the physical body in death is mass-minded or is of the Black Forces. That is not at all true. There are many Budding Individuals and INDIVIDUALS in the nations of the world (especially in the nations of the western world) who can be used to greater advantage working with the White Forces in the astral world rather than in the physical world. At the proper time, they are called for some great, unseen work. After a short, but refreshing period of rest, they will work with the White Forces in bringing about the Will of Destiny among the teeming millions of mass-minded, which constitute the human race on earth.

"Remember this: Whether in the physical body or out of it in so-called death, an Individual has much work to do at this time. Whenever the White Forces can use him to greater advantage in com-

bating the Forces of Darkness in the Unseen World (unseen to physical eyes) you can be sure they most certainly will call that FORTUNATE person. To the mass-minded, the passing will appear due to 'illness', 'accident', or, 'killed in action'. To THOSE WHO REALLY KNOW, the demise will be a CALL from the Forces of White, a call to come and work with them on a higher plane."

At this point, the Brother Superior answered a number of questions asked by the six young Novices. They discussed various phases of the work of the Brotherhood and also the Brothers. Bob Workman asked:

"I have been here at the Monastery of Aquarius for ten weeks. Like the rest of the Novices, I know quite well all the resident Members of this Great Order. But I notice this evening we have with us a number of Members I have never seen before. I am particularly interested in asking, if I may, the name of the Abbot who is officiating this evening and just what his relation to the Order of Aquarius is?"

"I am very glad you asked that question," replied the Brother Superior. "His name is Brother Raphael. He is the supreme head of this Order. Recently, he has been travelling in foreign countries. Just today, he returned home for this special occasion -- he informed me he had a 'premonition' that he should be here. He is the most thrilled of all the members of the entire Order by this happy event. You will understand why better when I tell you that it was he, who over sixty years ago, received the Revelation to place this table here. At that time, he was the Brother Superior of the Monastery. It was he who ate at this table, alone, once each year, until the first Novice sat with him. As I indicated before, that was an exceedingly happy occasion, but this evening, his joy and ours, over THIS occasion, knows no bounds."

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The great reunion supper completed, the huge refectory organ began to play softly. The Members of the Order arose, and in a long procession, made their way directly to the Chapel. It was a most joyous occasion. All realized that at last, LIGHT had triumphed over darkness.

THE ELIXIR OF LIFE -- SINGLE AND DOUBLE STRENGTH

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Part Two

There were two weeks left before new students would arrive at the Monastery of Aquarius for another eight-weeks' study session. During these two weeks, the Members of the Order at the Monastery enjoyed an opportunity to study, do research work and to meditate without interruption.

Also, during this particular yearly 14-day period, the Novices who had remained for special instruction were able to get started on some of their special studies. This was necessary, because when the new students arrived, each of the Novices was to teach a class dealing with a subject in which he was well-versed.

The first place of instruction (of all places) was the Monastery kitchen -- or rather, a special room just off the huge kitchen. This was known as the "milk and honey" room. It was affectionately called this because butter (secured from milk) and honey were combined in just the right proportion to form what was called the "Elixir of Life" -- for short, "Elixir."

Fresh, unsalted butter was brought to this room. Then it was melted in water. Approximately five times as much warm water in proportion to the butter was added. The water and butter were then heated just sufficiently for the butter to melt completely and float on the water in the form of an oil. Then the mixture was stirred vigorously and set aside until the water and butter were cold. Next, the butter was skimmed off the top of the water. The butter, now in the form of a heavy fat, was free from all milk and casein.

To one pound of this purified butter fat two pounds of pure honey were added. This was heated sufficiently for them to melt enough to be easily mixed together by stirring. The heated (not hot) "Elixir" was then poured into containers similar to fruit jars and placed in the refrigerator.

"We have been making this 'Elixir of Life'," explained Brother Barnabas, in charge of the group, "for many, many years. All of you Novices have noticed the 'Elixir' was on the dining table for both the morning and noon-day meals. All of the Members of the Order here at the Monastery use the 'Elixir' at least once a day. I have observed that most of the Novices use it only at the morning meal and some not at all.

"You probably did not notice that the Members of the Order only use a certain amount, usually about a generous tablespoonful

once a day. A little more than this would not be too much, providing the Individual is using good judgment about the other important things of life.

"The stomach of the ordinary mass-minded person probably would be upset almost constantly by the high vibrations of the 'Elixir'. Even Individuals often experience difficulty with it at first. In a case of this kind, the amount of 'Elixir' must be reduced to where no unpleasantness results from its use. Then the quantity can be increased gradually until the full amount can be taken with a meal without unpleasant after-effects."

At this point, one of the Novices asked: "If, at the very beginning, a person can use the full amount of the 'Elixir' without unpleasant gastric results, wouldn't that indicate the person is well on the Path of Individuality"?

"No, it really wouldn't," replied Brother Barnabas. "It might only indicate the person was addicted to sweets and certain rich foods. Or perhaps," added the Brother with a smile, "it might indicate the person possessed a 'cast-iron' constitution!"

"The 'Elixir' is not only food for the body, but it also is especially a food for the mind. And for those who are desirous of EXPANDING Spiritually, it actually is a food for the Soul.

"The 'Elixir' is a highly concentrated substance. In fact, it is so highly concentrated it always should be taken with other food. A glass of milk or fruit juice would suffice.

"The convenient way, of course, is to take the 'Elixir' at either the morning or noon-day meal. Some of the older Members of the Order here find it supplies them with so much energy physically, they never think of eating at noon-time.

"In addition to the 'Elixir' made of pure, strained honey and oil of butter, we have what we call 'Double Elixir'. It is not double strength, as you might think, but there are two other substances added to it. These two additional materials are beeswax and FORMIC ACID.

"The formic acid is in the 'cap' of the honeycomb. When the cell is finally filled, it is capped. This seal is rich in formic acid. There also is formic acid in the wax in the walls of the cells. It is said about 1% of comb honey (comb and honey) is formic acid.

"Until an Individual is able to digest easily the single strength 'Elixir' it is not wise to partake of the 'Double Elixir'. This should be done as soon as the 'physical man' has adjusted itself to the high vibrations of the single 'Elixir'. This is neces-

sary for two reasons: The comb (or beeswax itself) contains certain benefits to the digestive tract; the formic acid has a powerful, cleansing, renovating and revitalizing effect on the entire body, especially upon the blood, brain and nervous system.

"Formic acid is what hurts when you are stung by a bee. The stinger of a bee is very, very tiny. The amount of formic acid actually thrust through the skin on the stinger is an exceedingly minute quantity. Yet, no doubt, you have seen a hard welt raise where a person has been stung by a bee. That will give you some conception of how really powerful this acid is.

"But when this same formic acid enters the human system via the digestive tract, it doesn't act as it does when it is injected into the body through the skin, although until you actually raise your vibrations to it, it may cause considerable unpleasantness in the stomach. However, the single 'Elixir' also contains a small amount of formic acid. And if the vibrations of the body are raised to where no unpleasant effects are experienced with the single 'Elixir', before not too long a time, you can consume 'Double Elixir' with the same ability.

"Some of the older Novices (men around or past middle life) who come to the Monastery to reside for a period of time, are afflicted with long-standing physical ailments. After they have been here for several months, or have adjusted themselves to the high vibrations of the single 'Elixir' the Brother Physician of the Monastery puts them on the 'Double Elixir'. Sometimes they remain on the 'Double Elixir' for several years, or until the old, chronic condition has been removed entirely. Formic acid administered in this way often works miracles in purifying, renovating and fortifying the human body.

"Here is a jar of each type of 'Elixir' -- single and double. You will notice there is quite a difference in appearance, also considerable difference in constituency.

"When either the single or 'Double Elixir' is taken, the same amount is taken -- a generous tablespoonful once a day at meal-time.

"Neither 'Elixir' is ever taken at the evening meal. Each contains so much energy it would tend to keep one awake. The best time is always in the morning, as this supplies physical, mental and spiritual energy for the day."

One of the Novices asked: "Couldn't a person save much time, especially out in the world, by just eating the required amount of honey and then half that much butter"?

"Yes, replied Brother Barnabas. "You could save a certain

amount of time and you would obtain beneficial results with either the single or 'Double Elixir'. You can even use salted butter and get results. But if at all possible, it is best to take the time to prepare the 'Elixir' in the way I have just explained.

"Many times when our Members travel about the earth, especially in warm climates, the way you suggest is the only means to obtain the 'Elixir'. It is considered to have about half the usual value when taken this way. Even if you took twice as much, you still would not get full beneficial results.

"Because of the oil of butter that is present, the 'Elixir' will become rancid in warm climates in a very short time. Because of the powerful formic acid it contains, the 'Double Elixir' will retain its value much longer. For this reason, when any of our Brothers go on a journey, they usually take with them a generous supply of the latter -- 'Double Elixir'.

"Right here, let me caution you: Be very, very careful never to partake of rancid butter, any place, or at any time. You can tell if it is becoming rancid by both its taste and odor. In rancid butter, a chemical, old-age action is taking place. Introducing it into the body simply means you are taking into the body concentrated old age.

"When the Brothers are travelling and their supply of 'Elixir' runs out, they either resort to eating comb honey with the correct amount of butter, or they find someplace where they can prepare a new supply of the 'Double Elixir'. If they are to be located at any one place for even a short time, they can easily arrange to make either the single or 'Double Elixir' in the prescribed manner, using fresh, unsalted butter. Honey and butter (but not always butter from the cow) usually can be procured anywhere in the world, providing, of course, one can pay the price asked. Our Members always are able to do that -- they are developed in all Five Departments of Life, which includes the Financial.

"Always remember that each of you, as an Individual, is the most important thing in this world. You wouldn't think of depriving another Individual of his 'Elixir of Life', would you? Of course not! Then, since you are an Individual, be certain you deprive yourself of nothing that is valuable.

"If you are easily tempted to deprive yourself of the NECESSITIES of an Individual, then the White Forces never will be able to use you to any appreciable extent in their Great Work. This will not only mean a great loss to them and to other Individuals, but a terrific loss to you as well."

FIRE OF LIFE

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Part Three

It was a beautiful morning. The sun had just peered over the horizon in the east. The six Novices, which included Bob Workman, were starting out on an all-day hike. They were to be accompanied by two of the older Brothers -- Brother Hosea and Brother Jose.

For quite a while, the six Novices forged up the trail in the lead. They were as agile as so many mountain goats, but by mid-forenoon they had slowed down. Before long the two old Brothers caught up with them. Shortly after this, the Brothers went on ahead, saying to the Novices:

"Take your time, gentlemen, there's no hurry. There is plenty of good drinking water just a mile farther along."

The Novices held to the trail. After a "long mile" they came upon the Brothers, calmly sitting by a rivulet of ice water from snow melting farther up the mountain.

The six Novices were glad to sit down. The cold water was especially inviting. The altitude was much higher than that at the Monastery and the air was becoming more "thin."

Two of the Novices had volunteered to carry the pack bags, which contained lunch for all eight, plus several pairs of binoculars and what the Brothers called some "metallurgical equipment."

After they had rested for a while, old Brother Hosea suggested: "You Novices had better put your shirts on. If you don't, you are going to be terribly sunburned by this bright sunshine. In addition, you will be deprived of so much magnetic energy, before the day is ended you will be completely exhausted."

"But," questioned one of the Novices, "I thought it was impossible to get too much sunshine. Of course, I know if one is not tanned, he will be sunburned, but I was sure the more sunshine on the bare skin, the better."

"Only fifteen minutes of sunshine per day on all parts of the body is permissible," explained Brother Jose. "More than this will cause the skin to become deeply tanned, which is 'Mother Nature's' way of preventing the sunshine from killing you."

The other Brother added: "All of us at the Monastery go up on the roof for 15 minutes of direct sunshine each day. Even

that gives us quite a tan -- just enough for perfect health."

At this explanation, the Novices donned their shirts once more.

"Well," suggested Brother Jose, "shall we continue on up the trail"?

"By the way," remarked Brother Hosea, "two of the Novices have been carrying the pack sacks this far. It seems only fair that they should be relieved of them."

"That is a good idea," exclaimed the other Novices, almost in unison. And each of the four suggested he be given the privilege of carrying one of the bags.

"Not so fast, my dear young brothers," cautioned Brother Jose. "Let us draw straws for the privilege."

On the way up, the old Brother had plucked a handful of dry grass. "The two who draw the longest straws will carry the pack sacks," he suggested.

Each of the four who had not carried the bags drew a straw. Then Brother Jose extended the straws he held in his hand to Brother Hosea, who drew one. Then Brother Jose drew one himself.

Of course, the two Brothers drew the longest straws, and before the Novices could protest they had slung the packs on their backs and started up the trail. All walked along together for a time, talking as they travelled.

Finally, Brother Hosea said to the Novices: "You lads follow the trail. Brother Jose and I are going to take a steep shortcut to the trail above. We will see you later in the day."

With this, the two Brothers in their long, white robes turned to the right, started up a steep little path, and shortly were lost from sight.

"I can't understand," remarked one of the Novices, "how two old fellows like that have so much energy. They must be at least seventy years old."

"I wouldn't even want to try to guess their ages," replied Bob Workman. "I might be badly mistaken."

The other Novices felt certain the old Brothers were in their seventies.

After several hours of slow travelling upward, the six finally reached the top of an almost level ridge. "Level ground,"

shouted one of them with delight. "I never knew a level trail to look so good before."

The path ran along the top of the ridge for some distance before it came to a still higher mountain. Then it turned to the left and skirted around the side of the mountain for quite a way. All six Novices were very thirsty. They could hear a waterfall. As they rounded a huge boulder they came directly into sight of a waterfall just a little distance ahead.

"Shade and water!" exclaimed one of the lads.

In a few minutes they had arrived. "Sit down and rest for a spell," suggested old Brother Jose, "before you attempt to quench your thirst."

The Novices were so surprised to see the two old Brothers sitting there, they halted in their tracks; then each sat down. Brother Jose arose, sauntered over to the waterfall and returned with a container of water which he poured into drinking cups for the Novices.

"Drink it slowly; it is ice cold," suggested Brother Hosea. "Besides, there's no hurry, and it's good for self-mastery."

One of the Novices almost blurted out: "Who wants to practice self-mastery when he is 'dying of thirst'?" but he held his peace.

When the lads had quenched their thirst and recovered their breath, Brother Jose asked: "What do you say to a bite of lunch?"

At this, he and the other Brother arose. Less than fifty feet away, spread out on a huge, flat rock (table high) was the most "beautiful" lunch the Novices had ever beheld.

After hunger was greatly appeased and fatigue had subsided, one of the Novices remarked: "You Brothers are a great deal older than we Novices. How is it possible for you to climb to this altitude without showing any apparent fatigue?"

"I suppose," replied Brother Hosea after a pause, "it is partly because we are old and hardened and have been up here many times before."

"In addition," said Brother Jose, "we know how to keep our minds diverted from fatigue as well as other unpleasant subjects."

"That's right," chimed in the other Brother. "But I think it is all these factors, plus our peculiar form of breathing."

Neither of the Brothers volunteered more information and so,

after a short pause, Bob Workman remarked: "I am confident the other Novices are as interested in your particular form of breathing as I am. Won't you please tell us about it? That is," he added with a smile, "if you are permitted to reveal this secret information to Novices."

"Oh, it is perfectly all right," replied Brother Hosea. "I simply wanted to ascertain whether you were interested. You have all been instructed that the normal human being breathes first through one nostril for a length of time, usually one hour, and then through the other nostril for an equal period. This change alternates regularly from one nostril to the other, night and day.

"Not every normal person vibrates to the one-hour alternation. Some make the change every 45 minutes, others every $1\frac{1}{2}$ or 2 hours. It really doesn't make any difference, providing each flow is approximately the same length.

"But great difficulty does arise if the flow through one nostril is much longer than it is through the other. If the flow is much greater through the left nostril than it is through the right, that unfortunate person will possess a lamb-like nature. He will be negative, 'pious', and as a rule, be in poor health.

"If the flow of breath is mostly through the right nostril, that person will be cursed with a lion-like nature. He will be rashly positive, over-bearing, nervous, irritable, and as a rule, will not live out his allotted number of years.

"Any human being can be normal only with an equal period of flow first through one nostril and then the other. Now, if the flow of breath through one nostril and then the other is increased to two hours, then three, then four, and so on, after a time the breath cycle can be increased in length from one hour to 12 hours. A person then would breathe through one nostril for 12 hours, then change and breathe through the other one for 12 hours, and thus continue to alternate as before, but on a 12-hour cycle.

"But there is no advantage in changing the cycle from 1 hour in length to 12 hours unless one knows when to make the change. This is very simple. You breathe through the left nostril during the day -- let us say from six in the morning until six in the evening. Then you change and breathe through the right nostril all night -- from six in the evening until six in the morning.

"It is said the SUN activates the breath which flows in through the RIGHT NOSTRIL; and the Lunar vibrations activate the breath which flows in through the LEFT NOSTRIL."

"The Sun rules the day; the Moon rules the night, even though

the Moon may not be shining at night. We know the vibration from the Sun is HOT; the vibration from the Moon is COLD -- cold in comparison to that of the Sun. Thus, if we breathe through the 'cool' (left) nostril during the day and through the 'hot' (right) nostril during the night, we soon counteract the harmful effects of the heat of the Sun and the coldness of the Moon. By doing this, we soon normalize our lives in every Department of Life.

"Only after we have made this change do we actually become master of these vibrations. Until that time they master us. Until we make this change these powerful forces work against us. When we make the change they work with us. From then on we experience no difficulty in living LIFE.

"The change from the one-hour cycle to the 12-hour cycle should not be done suddenly. Allow several months. Start each morning upon arising and close the right nostril for two hours. At the same time in the evening close the left nostril for an equal length of time. After a while increase the time to three hours, then four, and so on until you are functioning on the 12-hour cycles.

"This can be done easily. Simply stop the nostril with a small piece of cotton which has been saturated with oil. The cotton is just as effective dry, but not always quite so pleasant."

"Of course," said Brother Jose, "you six Novices are very young. Naturally, you wouldn't notice any return to youth in your bodies as a result of practicing the 'Fire of Life Exercise', as we call it. It never should be done before the age of twenty. But if you did begin to practice it now, at your present age, you most certainly would remain in an 'Evergreen' state physically for decades to come, providing you were faithful in the other simple practices of the Order also."

There was silence for a short time. Everyone was deep in meditation. Finally one of the Novices broke the silence:

"I perceive you two Brothers are very robust, alert and agile. Yet for all of your practice of Secret Methods, both of you actually look your 'three score years and ten'."

At this remark, the two old Brothers were shocked. They stared at each other in amazement, then broke into hearty laughter.

"Three score years and ten," exclaimed Brother Hose and he laughed again.

"Why," commented Brother Jose, also laughing, "I was seventy-five when I came to the Monastery to live, and Brother Hosea was

all of eighty, weren't you, Brother"?

"Almost eighty-one when I arrived," replied Brother Hosea. "Why," he continued, "we helped lay the foundation stones for the Monastery, back in the middle of the last century. Old!!! We certainly are -- but never felt so youthful in all our lives!"

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By this time it was mid-afternoon. "I think we should be starting home," said Brother Jose.

"The view should be very good by now," remarked Brother Hosea.

All eight of the group arose and soon they were on their way. The two Novices who shouldered the pack sacks were rather surprised at their weight. They weren't too heavy, but it appeared the Brothers were taking some ore samples back to the Monastery.

Soon the party rounded the bend and emerged onto the level stretch of trail atop the ridge. The Sun now was at their backs and as they looked east, they could see far out into the country. Many points of interest could be viewed through the binoculars. There was the Monastery down below in the distance -- without the highpower glasses they would not have noticed it.

Then the group moved down the mountain trail. The Sun disappeared and there would have been jet darkness but for the full moon. Down on the plateau below the cheerful lights from the Monastery came in view. In another hour they arrived. The six Novices were "exhausted and famished." A hot supper awaited them. As they sat down, the Novices began to "devour" the food.

The Brother Guardian entered the refectory. The two old Brothers arose, then the Novices.

"Keep your seats, gentlemen," the Brother Guardian said quickly. "I merely dropped in to ask if you enjoyed the hike into the mountains."

"Very, very much," was the general affirmation of the entire group.

"And," added Brother Hosea, "the Novices insisted on carrying back these samples of ore which Brother Jose and I were to bring."

"That was very fine," replied the Brother Superior. "Tomorrow, the six Novices will have the opportunity of assisting the 'Brother Assayer' in determining the value of the samples."

EVERGREEN YOUTH

* * * * *

Part Four

Breakfast had just been served at the Monastery. As a result of the previous day's hike into the mountains, Bob Workman and the other Novices were now experiencing a little unpleasant physical after-effects.

Brother Hosea and Brother Jose were in excellent condition. They exhibited not the slightest evidence of any weariness, either in mind or body, from the trip.

Bob and his roommate had taken the pack sacks and the contents to their room the evening before. After breakfast they went up and got them. Then with Brother Hosea they proceeded to the Monastery "lab," where they were introduced to Brother Salvador, who was in charge of all the laboratory and assaying work of the Monastery of Aquarius.

Brother Salvador had been away on business for the Brotherhood for several months. He had returned especially for the great reunion dinner, and experienced the event of lighting the Seven Candles at "The Table of Revelation." The six Novices therefore, had not enjoyed meeting him before.

Previous to entering the Order, Brother Salvador had been the wealthy and widely-known Dr. _____ of London. During his younger years, he had been a physician in the Royal Navy and had travelled to every corner of the globe.

After he returned to private life he engaged medical practice in London, it wasn't long before he had most of the "best," and some of the "worst" people as his patients -- he was no respecter of persons.

As he grew older, he became somewhat of a mystery. He was less interested in his wealthy patients and confined his professional activities mostly to charity cases. He spent so much time in his laboratory that his "upper-class" friends rumored about a story that he was an "alchemist" and actually had discovered how to turn lead into gold.

When they accused him of this, he laughingly "admitted" (?) it. He said, "I have already accumulated more gold than there is in the vaults of the Bank of England."

Everyone who possessed the slightest sense of humor knew this story wasn't true. However, the rumor he could turn lead into

gold spread among his charity patients. Before long they not only demanded his services as a physician, but commanded gold from him as well. When the gold was not forthcoming he was insulted, often maliciously.

One day he gave a farewell dinner party, and announced that since he had turned all the lead in London into gold, he was going to take a long vacation and "travel in foreign lands." A few intimate friends received short messages from him occasionally after his departure. As he journeyed farther away, the messages became less frequent and then ceased entirely.

* * * * *

Brother Salvador was a very affable man. In a few minutes he and the Novices were on such easy terms it appeared they were old friends.

Brother Hosea left the Novices in Brother Salvador's care and withdrew to take care of other duties.

"Let us open the pouches," suggested Brother Salvador, "and pour their contents into this container."

The Novices did this. They were amazed to discover the pebbles they had brought home from the mountains were not rocks, but nuggets of gold. There were over twenty pounds in each sack. Not all the nuggets were "24-carat," however.

The nuggets were "processed," then melted, and poured into molds. It was a most beautiful sight -- molten, liquid gold. Bob ascertained the weight of a single bar, multiplied this by the number of bars, reduced the amount to ounces and multiplied that by the current price of gold in the United States. His figures revealed there was over \$25,000.00 worth of gold. The Novices were amazed. Finally, one of them broke the silence:

"And you two fellows had all that gold up in your room all last night!"

"I guess we did," replied Bob, "but we were so tired we never gave the contents of the pack sacks the slightest thought."

"It was fortunate you didn't," laughed Brother Salvador. "The thought of 'guarding it' might have kept you awake all night!"

"Then there really is gold in those mountains?" questioned one of the Novices.

"I presume there is," replied Brother Salvador casually. "Whenever the Monastery needs money, Brothers Hosea and Jose go to

the mountains and bring back a load. This one is small in comparison to what they usually bring when they go alone. I suppose they didn't want to weigh you boys down too much. They knew you were not accustomed to mountain climbing and thin air."

"Does anyone beside Brother Hosea and Brother Jose know the location of the mine?" questioned another Novice.

"I don't think anyone else knows where it is," replied Brother Salvador. "But I understand there is a sealed envelope in the Monastery vault, which contains a map and instructions on how to locate the mine in case it would be necessary. But these two good Brothers have been here for more than three-quarters of a century, and as long as they remain with us, we shall have no need to open the envelope

After a silence, one of the Novices exclaimed: "With an abundance of gold in its possession, the Monastery of Acquarius could establish other monasteries all over the civilized world, to teach Individuals everywhere the Ways of Life."

"That is very true," replied Brother Salvador. "This great Order could establish monasteries everywhere, but this one Monastery is able to take care of all the Individuals who are ready for Mystical Instruction. In fact, we are prepared to handle nearly a dozen times as many novices as ever come here for instruction. But the number is increasing, which is gratifying.

"And now," continued Brother Salvador, "I did not invite you here only to show you what gold nuggets, molten gold or gold bars are like, although I was confident you would be interested. The real purpose was to discuss with you how to obtain the kind of GOLD which cannot be lost or stolen from you, at least, not without your consent.

"When we compare your ages to those of the Brothers here at the Monastery, you six Novices are quite young. As you probably know, your combined ages do not nearly approach the age of Brother Hosea or Brother Jose. And yet, they actually are younger than you are physically and twice as alert mentally. Well, there must be a reason for this 'evergreen youth.' I wish each of you Novices would give me your reason for their mental and physical youth. Let me have your expressions. Take your time and do not hesitate to speak your mind. Remember, we are all friends."

After the Novices had studiously pondered the matter for some time, each in turn gave his reason, as follows:

- (1) "The Brothers live Correctly."
- (2) "They eat the right kind and quantity of food and drink

a proper amount of liquid each day."

- (3) "The Brothers are careful to obtain the proper amount of rest, recreation and exercise, and breathe correctly."
- (4) "They use their minds constructively and thus avoid all negative thoughts and thinking."
- (5) "The Brothers live emotional lives, but experience only the good emotions such as joy, love, happiness, zeal, fervor, enthusiasm."
- (6) "It is all these things, plus something else," remarked the sixth Novice. "I am not certain what that something else is, but I am confident it is a mystical practice that harmonizes the Spiritual with the Mental and Physical."

"I am proud of all of you," exclaimed Brother Salvador. "Altogether, you are about 100% correct. You gave all the highlights of 'Evergreen Youth' but not the details."

"Now a pound of gold, such as we have been working with today, is worth about \$500.00; a pound of lead is worth only 10¢. If you could change even one pound of lead into gold once a month, you would consider yourself exceedingly fortunate."

"When a person is in a mass-minded condition, he is Spiritually, Mentally and Physically, just 'lead.' But the moment he begins to assume Individuality he begins to transmute the 'lead' in these three Departments of Life into GOLD. Of course, at first the transmutation is only slight, but when it is done intelligently and zealously that person soon becomes a Budding Individual."

"The difference between a Budding Individual and an INDIVIDUAL is simply this: The INDIVIDUAL has transmuted more 'lead' into GOLD. When gold is said to be '14-carats fine,' it means there are 14 carats of gold and 10 carats of alloy. The Mass-minded are all 'alloy.' A Budding Individual is one who has less than 14 carats of Spiritual GOLD in his life. An INDIVIDUAL is one who, let us say, has more than 14 carats."

"As you know, pure gold is 24-carats fine. That is what every INDIVIDUAL is striving for -- a GOLDEN LIFE, '24-carats fine'. Of course, no human being in the flesh has ever realized that perfection, but INDIVIDUALS are getting nearer and nearer to the goal all the time."

"Only through the Spiritual Department of Life can this wonderful TRANSMUTATION be made. Man cannot do it by himself, no

more than a man lift himself by his bootstraps. But through the cooperation of the Spirit it can be done. It requires a Supernatural Force and a Supernatural Substance. The substance we shall call GOLDEN MANNA.

"Now this Marvelous Manna does not materialize every day as did the manna which fed the Children of Israel in their forty years of wandering. This MANNA from the SPIRIT 'falls' only once in 28 days. It materializes 13 times per year, or rather, exactly 13 times in 364 days.

"In the mass-minded person, the GOLDEN MANNA 'falls through' his Spiritual Department of Life like liquid gold through a sieve. A little of the MANNA may lodge in the Mental Department, but most of it passes directly down into the Physical; and there it is rudely dissipated.

"A Budding Individual is a person who has started to build up all Five Departments of his Life. There-fore, 13 times a year, when the GOLDEN MANNA manifests itself within him it is used by the Budding Individual to EXPAND himself Spiritually and Mentally and to YOUTHIFY himself Physically. Like the Budding Individual, the INDIVIDUAL does exactly the same thing. Only, as we explained before, the INDIVIDUAL has transmuted much more 'lead' (or 'alloy') into GOLD than has the Budding Individual.

"Now let me tell how 'Evergreen Youth' is brought about in the Spiritual, Mental and Physical Departments of Life.

"As I have said, every 28 days, or 13 times each year, SPIRITUAL MANNA of LIFE materializes in every man and woman, 14 years of age or older. This occurs to the end of life, regardless of how long the person may live.

"Any person, even though he is still mass-minded, who has been absolutely continent for a short period of time (even two or three weeks) will retain much of the SPIRITUAL MANNA when it materializes. Then every 28 days from the time it materialized, after the person began to 'retain his SEED.' He will receive a new supply. And this is most interesting: From then on, if that fortunate person has used the MANNA to EXPAND his Spiritual, Mental and Physical Departments of Life, each time he (or she) will receive an increasingly larger supply, until at the end of one year (13 manifestations of the Manna) he actually will be receiving an abundance.

"The Brothers here at the Monastery eat very little food, because what they do eat is good, simple, wholesome food, plus the 'Elixir' you already know about. But the greatest reason for this small consumption of physical food is due to the fact that they retain and use the GOLDEN MANNA for food for the body.

"However, merely abstaining from all sexual activity is not sufficient for Youthification of Spirit, Mind and Body. It is adequate for the first three months, but then the Budding Individual must practice all of the 'requirements' you six Novices enumerated when we began this discussion.

"Many a Budding Individual also is retarded in his EXPANSION simply because he is not actually purposefully and definitely putting to use the GOLDEN MANNA in his life and affairs. In order to use all of it, a person must be ENTHUSIASTIC about self-improvement and in every Department of Life. He must start at once and apply with zeal all he knows about this wonderful work of 'Evergreen Youth' and this regardless of the extent of his knowledge. Remember: 'To him that hath shall be given.'

"The Brother Superior had you Novices accompany Brother Hosea and Brother Jose to the mountains yesterday, not to bring back this paltry bit of metal called gold, but so you could observe REAL GOLD in these two INDIVIDUALS. As you look back over yesterday's trip, I think you now realize these two Brothers definitely have partaken of the 'Evergreen Life.'

"Renewed youth has come much slower with them than it would had they started at fifty years sooner. But one never is too old to start, never too old to obtain gratifying results if he proceeds in continency with zeal, fervor and enthusiasm.

"I imagine twenty-five years from now these two 'old' Brothers will be twenty-five years younger than they are today.

"Right now," suggested Brother Salvador, "I believe would be a good time for you Novices to ask some questions. Let's have the first one."

"I would like to ask," questioned one of the Novices, "why so many clergymen who have been unmarried and been celibates all their lives are decrepit, cantankerous and irritable when they reach the age of 60 or 70, often as early as 50?"

Brother Salvador replied: "It is because the SEED -- GOLDEN MANNA -- has been falling on 'barren ground.' Remember, in order to renew Life, you must use the MANNA in a THREE-FOLD way -- for Spiritual, Mental and Physical YOUTHIFICATION. If this is done, no man, whether businessman or clergyman, will ever become, as you say, 'decrepit, cantankerous and irritable.'"

Another Novice asked: "Have you ever had the opportunity to observe beneficial effects among strictly mass-minded men?"

"I had a splendid opportunity to make just such an observation," replied Brother Salvador, "while I was in the Royal Navy as a physician.

"When we started on a cruise, after having been in port for a considerable length of time, our men weren't any too alert and most of their duties were drudgery to them. But after we had been away from 'civilization' for some time (as was the case on a long cruise) I observed after one month, our sailors and officers showed the most remarkable signs of physical well-being and a marked improvement in mental alertness. And some of the men even showed signs of EXPANDING Spiritually. At the end of two months the results were amazing. But I am sad to say that at the first port of call, all, or nearly all of these beneficial effects were dissipated. It was these observations that interested me in this wonderful work of rejuvenation, regeneration, revitalization and youthification through the use of the GOLDEN MANNA."

Here, Brother Salvador paused for the next question.

"If a man were to consistantly retain his SEED all the days of his life," remarked another Novice, "then he really shouldn't marry, should he?"

Brother Salvador answered: "In these days, whether one marries or not is naturally up to the Individual. But there is absolutely no reason why a Budding Individual or an INDIVIDUAL should not marry if he so chooses. If he had been absolutely continent for several years and then married, in all probability, all his offspring would be robust, intelligent, sons and daughters. The sons probably would outnumber the daughters two to one, or perhaps they would all be sons.

"Twenty-eight days after 'conception,' the masculine Individual would be retaining and transmuting his SEED -- GOLDEN MANNA -- into THREE-FOLD LIFE again. And even if the Individual became the father of six offspring, this would only take six times 28 days of THREE-FOLD EXPANSION out of his LIFE. This would be less than six months' time, and what is six months, or even a year out of a lifetime?

"Now, let me explain the situation from the female point of view. In women, from the time menstruation commences (usually about the age of 14) until it ceases at the age of about 40, only half the MANNA that materializes can be retained. And then of course, this is so only if the woman is virtuous and continent and enthusiastic about EXPANSION into all Five Departments of Life. However, it is said that during the period of conception, if the woman is strictly continent, and is active and interested in the Five-Fold Selfimprovement, she will very rapidly progress on the Path of Individuality and her offspring will be far above the average in every way.

"After a woman has reached her fortieth year, or rather, after the menopause has definitely ceased (known as the 'change of

life') then, like the male Individual, if she is on the Upward Path and remains absolutely continent, every 28 days she receives a new full supply of GOLDEN MANNA. And, like the Male Individual, if she USES IT for Spiritual and Mental EXPANSION and Physical YOUTHIFICATION, she receives a greater and still greater supply each 28 days."

Another Novice remarked: "Twenty-eight days is a Lunar cycle. I was wondering if there is any connection between this 'moon-cycle' and the materialization of the MANNA in the male and female every 28 days."

"There is a definite connection," replied Brother Salvador. "And there is a formula for accurately calculating it. But this information never is given to the mass-minded and not even to the Budding Individual. This is not done for the simple reason that the temptation to wait to do important things only after the MANNA 'fell' (at the end of each 28 days) would be so strong, three weeks out of four would be devoted to inactivity and waiting by most Budding Individuals.

"The correct procedure is to put forth much effort for EXPANSION in all Five Departments of Life every day with zeal, fervor and enthusiasm. And then, when the day of MANNA-festation does appear, you will receive a double supply."

"What about the Individual who indulges in nicotine and alcohol?" asked another Novice. "Is he able to transmute the MANNA into an EXPANDED LIFE?"

"Only to a certain point of EXPANSION," replied Brother Salvador. "And then he becomes 'earthbound' and can progress no farther until these impediments to progress are removed."

"It seems to me," remarked another Novice, "an Individual's Spiritual, Mental and Physical vibrations would be greatly accelerated in, say, one year's time, by enthusiastically leading the 'Evergreen Life.' Is that true?"

"I am glad you mentioned this," said Brother Salvador. "You are quite right in your assumption. In one year, the GOLDEN MANNA has manifested 13 times. Even though he has only recently made the start, an Individual can in that short length of time experience wonderful EXPANSION. All his vibrations will be increased greatly. But let me add: This increase of vibration often becomes very annoying to a person whose vibrations are of a different 'wave length.' The interesting part is, the offending vibration always is experienced by persons of the opposite sex. For this reason, when a man and his wife begin to take on Individuality they often 'clash' -- the vibrations actually neutralize each other. Run a wire from the positive pole to the negative pole of a

storage battery and what happens? The battery 'goes dead' in no time. It is called a 'short circuit.'

"A 'short circuit' among the mass-minded is not at all serious. They have so many 'shorts' one more makes very little or no difference. But this is not so with the Budding Individual and the INDIVIDUAL. The Budding Individuals -- man and wife -- should not be in too close physical contact with each other for any length of time. But this is no problem -- they simply arrange to occupy separate beds. However, among INDIVIDUALS, separate rooms should be arranged. This is only right. An INDIVIDUAL is entitled to at least the privacy of his or her own room.

"While I was in the Royal Navy I became aware that not all the good the men experienced by being away from women was due to leading a continent life. Part of the good was due to removal from the clashing vibrations between male and female.

"Regardless of their development as Individuals, the vibrations of females never clash with the vibrations of other women. For this reason, it is perfectly right for a mother and daughter to occupy the same room, even the same bed. Likewise, from a standpoint of vibration, it is not at all detrimental for sons to share their father's room, or even his bed. But, individual beds for every member of the family, no matter how young or old, is the New Age procedure.

"When I practiced medicine years ago in London I often was able to bring about the most wonderful 'cures' simply by separating the two sexes into separate beds. In this way, sickly persons would take on an abundance of New Life. But, of course, they attributed all the benefit they received to the rather unpleasant medicine I prescribed for them."

Another Novice asked: "Are any of the Brothers of the White Robe, here at the Monastery, married?"

"Most of them were married once upon a time," answered Brother Salvador. Some of them here now are great, great, great, great grandfathers. But now that you know they live to considerable age, this will not amaze you.

"The reason none of the Brothers of the White Robe is married now is due to the fact that no one is admitted to the Monastery as a permanent Member of the Order until he is at least 'three score years and ten.' By the time a person reaches 70, 80, or 90 years of age, his marriage partner usually has passed on to the Brighter Realm."

"What about all the young Brothers of the White Robe who are here?" asked a Novice. "Some of them aren't a half of 70 years."

"Correction, please," laughed Brother Salvador. "You are mistaken. All of the Brothers of the White Robe here at the Monastery were 70 years old or older before they entered the Order. Those Brothers you mistook as being so young are all past 70 years of age. Some of them are so much past 70 I would not dare to tell you for fear you would become a 'doubting Thomas.'

"The reason some of the Brothers here appear so much younger than others is mostly due to the fact that they had practiced the 'Evergreen Principles' long before they were 70 -- long before they entered the Monastery."

* * * * *

The chimes sounded, indicating that within ten minutes the noon-day meal would be served. During the meal the Novices were so meditative about what they had learned, they were almost oblivious to the fact that they were eating.

The EVERGREEN LIFE that Brother Salvador had disclosed was a REVELATION to them. They realized the practice of these principles would bring untold good to Budding Individuals everywhere. The Novices were not only wondering just how they could apply this unusual information for the best results in their lives, but they were meditating how the Principles of the Evergreen Life could be best revealed to others -- especially to those who were just about to enter upon the Upward Path.

Note

Other courses in which the characters of Grayson, Dr. Newman, or Bob Workman appear are --

"Outwitting Tomorrow"

"Wings of Aquarius" -- Monograph No. 12

"Escape Into Life" -- Monograph No. 19

"Strange Forces" -- Monograph No. 21

* * * * *

"Miracles of Magnetism" -- Mono.No. 7
is also in narrative form but the characters are entirely different.

JOY FILLED DAYS

* * * * *

Part Five

The six Novices learned a great deal in the two months they had spent at the Monastery of Aquarius. But, they learned even more during the two week "vacation period."

New students now arrived for the next session of instruction. They were men of all ages. Each was at least a Budding Individual. However, there were no small number of INDIVIDUALS in the group.

Bob Workman and the other five Novices took additional studies during the second two months, but most of their time was devoted to instruction. In this they delighted, for they knew the Law -- "To receive much, much must be given."

They had been looked upon, by all the Members of the Order, as a kind of good omen. Because their presence with the Brother Superior at the "Table of Revelation" caused a MAJORITY of the 13 candles to be lit -- the SIGN that all Members of the Fraternity had long anticipated and hoped would come to pass.

It was a SIGN which indicated the FORCES OF LIGHT had definitely overpowered the Forces of Darkness in the Unseen World. Evil Forces knew that the sand of time was running low, and they fiercely fought to prolong their evil days.

Soon the entire world would be in "total" war. But, while the thought of it was depressing, it was indeed thrilling to realize that just beyond this short, but terrible time was the GOLDEN AGE -- the Millennium -- the THOUSAND YEARS OF PEACE.

In the Millennial Age, the whole world will be like a huge Monastery of Aquarius. It will become a world filled with joy, love, LIFE and 'Evergreen Youth.' In that day, men and women will so perfectly observe the Rules of the 'Evergreen Life' that their lives will span the entire Millennium's thousand golden years.

* * * * *

Graduation day for the new students arrived. They were vested with the Green Robe and no longer were "just students," -- they were Novices. In reality, of course, this was a "distinction without a difference." No one progresses on the Path of Life by "marks of distinction." A person is a Novice the very moment he or she begins to purposefully use the GOLDEN MANNA for the Five--Fold EXPANSION. And, even though a person becomes a great INDIVIDUAL, regardless how far he has travelled on the Path, he is still

a Novice because as long as he is in the flesh there is much dross to be transmuted into FINE GOLD.

The graduation ceremony lasted until after midnight. BoL Workman and the five other Novices were accorded the extraordinary distinction of taking a definite part in the ceremony. Never before had any Brother of the Green Robe, and never again would any such Brother, be allowed this privilege and honor.

Shortly after breakfast the next morning, huge four-motored planes began to take students from the Monastery landing field and start them on their way to the four quarters of the globe with a message for the mass-minded and with Good News for Budding Individuals everywhere.

The Six Novices spent the last remaining moments together. Then, two of them departed for the east; shortly, two more left for the north. At last Bob Workman and the remaining Novice entered the plane that was to travel to the west. All left with reluctance for the Monastery had definitely become home to them.

The motors of the west-bound plane were warming up. Bob and his friend gazed steadily at the open door -- hoping hope against hope that some Member of the Order would rush in at the last moment and invite them to stay for another session at the Monastery. But, the door closed. The motors began to speed and the plane started moving. Soon, it was in the air making great circles to gain altitude before starting due west. In a short time it reached the ridge where the Novices had viewed the country far below, on their trip to the mountains.

The plane cleared the ridge so low that Bob and his companion could clearly see the trail along the top of the barren ridge. Suddenly, they spied two figures in white on the trail -- they were Brother Hosea and Brother Jose. They waved to the boys. In another moment, nothing but the rugged Andes could be seen. The great divide was eventually reached. The ship leveled off, and after some time the ocean appeared to the west.

"If only the Millennium were that close," remarked one Novice to the other as they viewed the brilliant, blue Pacific.

FINIS

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